

## **ABSTRACT**

**Objective:** The aim of the study is to determine the effect of Surya Namaskar in primary dysmenorrhea. It is found that the burden of dysmenorrhea is greater than any other gynecological problem and is associated with significant impact. Many studies have stated that Yoga has a positive impact on primary dysmenorrhea. The present study was conducted to determine whether the practice of Surya Namaskar alone is able to reduce the pain in primary dysmenorrhea.

**Study Design:** Pre and post Experimental study.

**Method:** 30 subjects between the ages of 14 to 25 years who were diagnosed with primary dysmenorrhea participated in the study. They were given Surya Namaskar according to Bihar school of Yoga for three menstrual cycles. Intensity of pain was calculated with N.P.I. scale at baseline and at the onset of each menstrual cycle.

Menstrual symptoms were also noted using the Menstrual Symptom Questionnaire.

**Result:** There was significant reduction ( $P < 0.0001$ ) in the intensity of pain in primary dysmenorrhea during the subsequent visit. The spasmodic and congestive components of primary dysmenorrhea was also reduced ( $P < 0.001$ ) significantly.

**Conclusion:** Practice of Surya Namaskar alone helps reduce the intensity of pain and improve the symptoms in primary dysmenorrhea.

**Key words:** Primary dysmenorrhea, intensity of pain, Surya Namaskar